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Is CDFW Doing Anything To Improve Steelhead Return Numbers In The Russian River?



CDFW

Russian River Steelhead

Q: This year's steelhead return numbers in the Russian River are low. Is the California Department of Fish and Wildlife's (CDFW) Warm Springs Hatchery doing anything to improve the situation?

A: As anglers ourselves, we sympathize with the frustration of low steelhead return numbers so far this year. It's important to remember that the recent steelhead return numbers are preliminary. Peak spawning for steelhead is in February, so it's still too early to say anything conclusive about this year's returns. It's also important to remember that there are many elements beyond CDFW's control. CDFW cares for steelhead at the hatchery for one year. But the steelhead life cycle is 2-3 years, and they spend much of that time in the ocean where environmental factors impact behavior. Despite modern scientific data and all the resources we have available, the life history of steelhead remains a bit of a mysterious odyssey. The journey from freshwater to the ocean and back is filled with perils, obstacles and unknowns.

Under CDFW's new hatchery genetic management plan, production this year and moving forward has been reduced from 500,000 to 400,000. CDFW's goals at both the Warm Springs Hatchery and Coyote Valley Fish Facility are to release 200,000 smolts from each location for a total of 400,000 juvenile steelhead released to the Russian River watershed annually. Standard anadromous hatchery practices can yield a one percent return annually but fluctuate depending on environmental conditions. Steelhead are produced to help sustain a healthy population in the Russian River for future generations, and to provide maximum angler opportunity while adhering to best hatchery management practices.

Western Monarchs

Q: New data shows that overwintering numbers for western monarch butterflies improved to almost 250,000 in the past year. Has the western monarch population recovered?

A: Although CDFW is cautiously optimistic about the new data, it does not represent a full recovery. The 2021-22 overwintering numbers improved sig-

nificantly but they still represent a one-year trend. Prior to the 1980s, California hosted between one to four million overwintering butterflies each year. When viewed through that lens, 200,000 western monarchs is less than 20 percent of the historical average. When viewed through that lens, 200,000 western monarchs is less than 85 percent of historic numbers. We saw western monarchs decline from around 200,000 to less than 2,000 in just three years (2016-2018), indicating they are still vulnerable at that population size. Finally, monarchs were concentrated in overwintering sites along the Central Coast between Los Angeles and Monterey counties, while the Bay Area supported fewer than 600 monarchs this year despite having robust populations in the past. We'd like to see monarch numbers increase across their entire historic range and better understand why they were not uniformly distributed this year.

Despite these concerns, CDFW remains encouraged by the data and inspired to build on the past year's success. We're focused on improving management of CDFW-owned overwintering

CONTINUED ON PAGE 8 →

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California Outdoors Q&A

← CONTINUED FROM PAGE 6

sites and increasing the availability of early-season milkweed to support first generation monarchs. We encourage the public to use habitat-based approaches to conservation (such as planting regionally appropriate native milkweed and nectar plant species) and to participate in community science projects that help track the status of the western monarch population.

Oil Spills

Q: Which species of wildlife are most impacted by oil spills?

A: Many wildlife species, as well as plants and other natural resources, can be impacted by oil spills. However, seabirds and sea otters are most often impacted.

For seabirds, this is because: 1) There are comparatively more seabirds in California than other species at risk, such as marine mammals; 2) Seabirds spend a lot of time floating at the surface of the water, where most of the oil is; and 3) The microscopic structure of feathers that keeps birds waterproof is damaged, leading quickly to hypothermia.

Sea otters are vulnerable to oil spills because they spend most of their time on the surface of the water and use their dense fur (with a microscopic structure similar in some ways to feathers) to keep warm.

CDFW's Office of Spill Prevention and Response (OSPR) is the state's public trustee in protecting, managing and restoring California's wildlife and habitat after an oil spill. OSPR works to protect and preserve 3,400 miles of shoreline and 7,700 square miles of state waters from petroleum substances. When a spill occurs, OSPR works with partner agencies and deploys a team of wildlife officers, scientists and oil spill prevention specialists to manage the state's response.

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.



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All employees may also obtain assistance with education and child development permits.

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NCS will be providing quarterly retention incentives of \$750 per quarter for staff for the 2021-2022 school year. Staff must be employed for the whole quarter to be eligible. The quarters are:

- 1) August, September & October
- 2) November, December & January
- 3) February, March & April
- 4) May, June & July

New Hire Incentives are currently available to both full and part time employees. Full time employees who work 30 or more hours will receive an incentive of \$750. Part time employees, who work less than 30 hours will receive a \$500 incentive. Incentives are paid after 90 days of employment. In subsequent quarters, staff will be eligible for the retention incentive noted above.

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HOME



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Spring Cleaning: Is Your 'Junk' Worth a Fortune?

(STATEPOINT) If your family is like most, you have "junk" in your basement, garage or attic, such as sports cards, memorabilia and toys. Before you toss them out during spring cleaning, consider that the prices of sports cards, games and other ephemera are skyrocketing.

How can you determine if your stuff is valuable and, if it is, how can you sell it?

A widely accepted rule for sports cards, memorabilia and toys is that older items are worth more. However, these days even more recent items are also commanding high prices.

"Vintage sports cards from the early periods of a sport are almost always highly collectible, especially of Hall of Famers," says Al Crisafulli, Auction Director at Love of the Game Auctions, an internet sports and memorabilia

auction that helps families sell collectibles. "But don't assume sports cards or other memorabilia have to be old to be valuable. Modern cards of such stars as Tom Brady, Mike Trout, LeBron James, Michael Jordan, Derek Jeter and others can sell for lots of money."

He is offering tips to help determine if your belongings are valuable:

Older Sports Cards

Cards from the 1960s and earlier are collectible, and those from before the 1940s can be extremely valuable. Big-name Hall of Famers like Babe Ruth, Ty Cobb, Lou Gehrig, Honus Wagner, Mickey Mantle and others bring high prices.

With old cards from the 1880s and early 1900s, look for tobacco and candy brands, such as Old Judge, Piedmont, Sweet Caporal or American Caramel.

Really old Sports memorabilia from the 19th and early 20th Century, such as photographs, postcards, bats, gloves and balls are also collectible.

When opting to sell sports items, consider a specialty auction, such as Love of the Game, which has the expertise to professionally research sports items and maintains lists of bidders specializing in this area, to get top dollar. More information is available at www.loveofthegameauctions.com.

Modern Cards

Prices on recent baseball, basketball and football cards have risen rapidly. The three keys are condition, star power and cards from early in player careers.

Do you have major current stars, like Mike Trout, Patrick Mahomes, Tom Brady and LeBron James? Or do you have greats from the recent past, like Michael Jordan, Kobe Bryant, Magic Johnson, Derek Jeter or Joe Montana?

Check if your cards are denoted as Rookie, Prospect, Draft Pick or other indicators they're from a player's first season. And condition is king, as cards that look pack fresh with sharp corners and a well-centered image command highest prices. Additionally, unopened packs and boxes from almost any year can be valuable.

Memorabilia

Do you have old advertising posters depicting sports stars or famous entertainment personalities together with food, tobacco or sporting goods brands. Many original signs, store displays and promotional items are collectible, especially those dating from the early 1900s into the 1960s. But low-quality reproductions aren't. Look for memorabilia spotlighting sports heroes, superheroes, early Walt Disney characters and Star Wars subjects.

So, while you're spring cleaning that attic, basement or garage, don't rush to the garbage. Before throwing out old "junk," determine if it's valuable!



Northcoast Children's Services

ACCOUNTING FISCAL SPECIALIST, Arcata

Duties include assisting w/ fiscal & general ledger analysis; assist w/ prep for annual audits & federal/state monitoring. Assist w/payroll & accounts payable. Req. 3 year's business related exp. Bachelor's degree in Business Administration or Finance/Accounting preferred, but not required. F/T 40 hrs./wk. \$20.52-\$21.55/hr. **Open Until Filled.**

CENTER DIRECTORS, Arcata

Overall management of Head Start & Partnership programs. AA/BA in Child Development or related field preferred. Must meet req. for Site Supervisor permit. 3 Infant Toddler units req. F/T 40 hrs./wk. M-Fri. \$20.00-\$22.05/hr.

Open Until Filled

CENTER DIRECTORS, Eureka, McKinleyville

Overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (AA req. BA/BS Degree in Child Development or a related field preferred). Req. a min. of 2 yrs. exp. working w/ preschool children in a group setting. F/T 40 hrs./wk. Mon-Fri (8am-4:30pm); \$20.00-\$22.05/hr.

Open Until Filled.

ASSOCIATE TEACHERS, Orleans

Assists teacher in the implementation & supervision of activities for preschool children. Req. a min. of 12 ECE units—including core classes—and at least 1-yr. exp. working w/ children. F/T 32 hrs./wk. \$17.00-\$17.85/hr.

Open Until Filled.

TEACHERS, Eureka, Arcata

Responsible for development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, and have 1-yr. exp. teaching in a toddler setting. P/T positions, 28 hrs./wk. M-F

\$17.50-\$19.30/hr. **Open Until Filled.**

TEAM TEACHER, Arcata, Fortuna

Responsible for the development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher level on Child Development Permit Matrix, and have 1-yr. exp. teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. \$17.75-\$18.64/hr. **Open Until Filled.**

ASSISTANT TEACHERS, McKinleyville, Eureka Fortuna

Assist teacher in the implementation & supervision of activities for preschool age children. Min. of 6-12 ECE units preferred, not required, & 6 months' exp. working w/ children. P/T 25 hrs./wk. M-Fri \$15.00-\$16.54/hr.

Open Until Filled.

HOUSEKEEPER, Eureka

Perform duties required to keep site clean, sanitized & orderly. Must have exp. & knowledge of basic tools & methods utilized in custodial work & have the ability to learn & follow health & safety requirements. P/T 16 hrs./wk. \$15.00/hr. Late afternoon/evening hours, flexible. **Open Until Filled.**

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521.
For addtl info & application please
call 707-822-7206 or visit our
website at www.ncsheadstart.org

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For more information regarding qualifications and to apply online go to www.ci.eureka.ca.gov.

**We will be accepting applications
until 5:00 p.m. on Friday,
March 11th, 2022. EOE**

HEALTH



© Sabrina Bracher / iStock via Getty Images Plus

Do You Have Undiagnosed Diabetes?

(STATEPOINT) Diabetes is a chronic condition that leads to serious life-threatening complications; however many people go undiagnosed and are under-treated — a situation being further exposed by the COVID-19 pandemic. For this reason, understanding risk factors, symptoms and the importance of early diagnosis and action is essential.

More than 34 million people in the United States are affected by diabetes, and one-in-five of them are undiagnosed, according to estimates from Centers for Disease Control and Prevention. Health services organization Cigna reports that between January 2020 and June of 2021, nearly 800 of its patients who were diagnosed with COVID-19 were found to have undiagnosed diabetes. Only 14 percent of those people had previously been diagnosed with pre-diabetes.

So why are so many people living with diabetes going undiagnosed? Cigna claims data shows that those at higher

risk of having social or economic obstacles to health, also had a higher risk of undiagnosed diabetes and COVID-19, which can compound problems.

"As is the case with many medical conditions, timely diagnosis and treatment of diabetes is impacted by persisting health inequities that affect certain communities and populations," says Dr. Mandeep Brar, Cigna medical director and board-certified endocrinologist. "Factors such as race, ethnicity, access to healthful food, education, health care coverage and language barriers, to name a few, all contribute to undiagnosed cases of diabetes."

However, according to Dr. Brar, early diagnosis is critical for everyone: "When diabetes is left untreated, it will progress, causing complications such as neuropathy, kidney disease, diabetic ulcers and wounds, amputations and other serious and life-threatening issues. If you're living with diabetes, the sooner

you're aware of that, the more quickly you can learn to manage your condition and prevent it from advancing."

According to Cigna, here are three steps everyone can take today:

1. Understand signs and symptoms.

Sharing any new symptoms with your primary care provider can be crucial in early detection and proper, timely treatment. Symptoms can include frequent urination, excessive thirst or hunger, unexpected weight loss, cuts or bruises that are slow to heal, frequent infections, very dry skin, extreme fatigue, and blurry vision, according to Dr. Brar.

2. Get screened. Schedule an annual preventive check-up or diabetes screening. Regardless of symptoms, one of the most powerful ways to detect diabetes is to be screened for this disease with a simple blood test by your primary care provider. If diagnosed with prediabetes, there are a number of lifestyle changes you can make to reverse prediabetes and prevent or delay Type 2 diabetes and other serious health problems. These changes include eating healthfully, increasing physical activity, losing weight and managing stress.

3. Assess risk factors. Some people are more likely to develop diabetes than others. In addition to being 45 years or older, risk factors include being overweight, having a parent or sibling with Type 2 diabetes and being physically active fewer than three times a week. Additionally, African Americans, Hispanics, Native Americans, Asian Americans and Pacific Islanders are at higher risk than white people for developing Type 2 diabetes. If you have any of these risk factors, request a screening test with your primary care provider, regardless of your age.

For a quick, online Type 2 diabetes risk test, visit www.diabetes.org/risk-test.

Get savvy about the disease. Understanding symptoms and risk factors can mean early detection and better outcomes.



Redwood Coast Regional Center

Be a part of a great team!

Licensed Clinical Psychologist

FT in Eureka, CA. Provide clinical services for individuals w/ dev & intellectual disabilities. Sal range starts \$7542/mo. Exc. bene.

Visit www.redwoodcoastrc.org for more info & required docs. **EOE**



Redwood Coast Regional Center

Be a part of a great team!

Nurse Consultant FT in Eureka, CA.

Provide clinical services for individuals w/dev & intellectual disabilities. Sal range starts \$5367/mo. Exc. bene.

Visit www.redwoodcoastrc.org for more info & required docs. **EOE**



Redwood Coast Regional Center

Be a part of a great team!

SOCIAL WORKER (Service Coordinator)

FT in Eureka, CA. Advocating & coord. services for indiv. w/ dev & intellectual disabilities. Requires BA w/exp in human services or related field. Sal range starts \$3665/mo. Exc. bene.

Visit www.redwoodcoastrc.org for more info & required docs. **EOE**



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Dental Assistant
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Manager's Office 707-822-5953.



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Southern Trinity Health Service
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Weaverville Location

**Front Desk
Receptionist
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Dental Support Manager**

We are seeking a self-motivated,
quick learning, and career-
minded individual seeking
long-term employment.

**Please send resume to
hr@sthscclinic.org
or call (707) 764-5617 ext. 211.**

GARDENING



Grow a vegetable garden
vertically in a compact
space whether on a
balcony or patio.

Photo courtesy of Gardener's Supply Company/gardeners.com

Vertical Gardening Maximizes Beauty and Harvest

by Melinda Myers

GO VERTICAL TO expand your outdoor gardening space, create privacy and add beauty to bare walls and fences. This centuries-old technique has been used to grow food and flowers, adding beauty and productivity from the ground up. Even those gardening on small city lots, balconies and decks can go vertical to expand their gardening opportunities.

Grow pole beans, peas, squash, melons, tomatoes and other vining edible plants onto supports. This saves space, reduces the risk of disease and makes harvesting much easier.

Enjoy the many benefits of vertical gardening even when growing in containers. Create your own or purchase a support that securely fits and supports the vines growing in the planter. Or purchase a container with an integrated trellis. Further reduce maintenance by utilizing a self-watering pot like the City

Jungle Self-Watering Tomato Planter large enough to grow and support two indeterminate tomatoes.

Mount containers on a wall or fence or stack and secure them vertically to increase growing space. Systems like the Vigoroot 4-Tiered Balcony Garden provide lots of planting space in just a few square feet.

Include trellises and arbors in raised beds and elevated gardens to further maximize growing space. Trellises train vines upward while arches allow you to grow two layers of plants, one over the trellis and one below.

Dress up a bare wall or fence, screen a bad view or create privacy with a plant-covered trellis. Leave space between the wall and trellis when gardening next to a building. This space allows airflow between the building and plants, reducing the risk of mildew on the wall and dis-

eases infecting the plants.

Grow annual vines for quick cover and perennial vines for years of beauty. Mix the two to quickly cover the trellis with the annual vine while waiting for the perennial to establish and reach its mature size. Plant two vines with different bloom times on one trellis to extend the colorful flower display. Or look for those that bloom at the same time to double the floral impact.

Use decorative supports to add beauty or a focal point year-round. Select the style — rustic, formal or colorful — that complements your garden design, furnishings and personality. Make sure whatever you choose is strong enough to support the plants you grow.

Mask rain barrels, compost bins and other functional areas in the landscape with a wall of plants. Leave space for easy access as you fill your compost bin or harvest finished compost and rainwater.

Dress up a lamp or mailbox post with a vinecovered support. Create your own from chicken wire or purchase a curved trellis like the Bosmere Trellis (gardeners.com) suitable for this application.

Use trellises and arbors to brighten often overlooked spaces. A vine-covered arbor makes a nice floral welcome at the entrance to a walkway or colorful transition between garden areas. Make sure the opening is large enough to accommodate visitors and any equipment needed.

No matter your style and location, vertical gardens can help you maximize your growing space and garden's beauty.



Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD series and the *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by *Gardener's Supply* for her expertise to write this article. Her web site is www.MelindaMyers.com.



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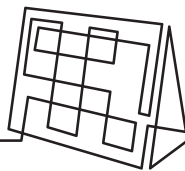
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Calendar

March 8 - March 22, 2022



Virtual World

ARTS & CULTURE

Arts Arcata March. Fri., March 11, 4-8 p.m. Celebrate the visual and performing arts in Downtown Arcata. Wear green, chase rainbows and be lucky at a lively night market of local art vendors, music and fun in the plaza center circle. In addition, participants are welcome to visit stores to find Leprechaun Gold to be traded at the plaza for tickets to win a prize. Free. www.arcatamainstreet@gmail.com. www.arcatamainstreet.com. (707) 822-4500.

CraftBoston: Pins + Needles. Mondays. Online show of nearly 80 national artists bringing intricate techniques and unexpected materials to wearable art, including pins, brooches, scarves and jewelry. Includes Eureka artists Norman Sherfield and Erin Austin. www.societyofcrafts.org/pins-and-needles.

Equity Arcata's Community Book Club. Third Monday of every month, 4-6 p.m. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book, *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. www.equityarcata.com.

March HBMS Meeting: Hygrophoraceae with Lauren and Luca. Wed., March 16, 7:30 p.m. Lauren Ré and Luca Hickey talk about the colorful waxy cap family on Zoom. Free. www.redwoods-edu.zoom.us/j/94147307764?pwd=UThXTkxLVk5xYU1EZUtoQXFYU5iQT09.

On the Same Page Book Club.

Wednesdays, 5:30 p.m. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAsjdQ7hKGqEgJKj7.

Shelter n Play. Fridays, 6 p.m. Public group on Facebook made up of local musicians and music fans. Live streams, videos, events and local music links. www.facebook.com/groups/224856781967115.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Ongoing. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. www.englishexpressempowered.com.

MARZ Project. Tuesdays-Fridays, Noon-5 p.m. Humboldt and Del Norte county youth ages 12 to 26 learn to express themselves creatively in visual art, audio and video production. All MARZ students have free access to equipment, software and training. Meets via Zoom by appointment. Free. marzproject@inkpeople.org. (707) 442-8413.

Nordic Aquafarms Open Zoom. Wed., March 9, 12:30-1:30 p.m. and Wed., March 16, 12:30-1:30 p.m. This is a causal open Zoom meeting where people can ask questions and discuss the proposed Nordic Aquafarms project. satkins-salazar@gmail.com. us02web.zoom.us/j/85356158130.

Sistahood. Saturdays, 9:30-11 a.m. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Ujima Parent Peer Support. Thursdays, 6:30-7:30 p.m. For BIPOC families. See the HC Black Music and Arts Association Facebook page for more

information. hcblackmusicnarts@gmail.com.

Volunteer Orientation Food for People.

Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. www.foodforpeople.org/volunteering. (707) 445-3166 ext. 310.

Curry County

ARTS & CULTURE

The Secret Life of Sea Stars. Thu., March 10, 5:30 p.m. Curry County Public Library, 94341 Third St., Gold Beach. Join speaker Nancy Treneman of the Oregon Institute of Marine Biology for a look into the secret life of sea stars. Free.

Watercolor Meetup Group. Thursdays, 3-6 p.m. Curry County Public Library, 94341 Third St., Gold Beach. Interested in watercolor? Bring your projects and work on them with other painters. Drop in the upstairs conference room. Beginners welcome. While this is not a class, there are experienced painters in the group who can help get you started.

LIFESTYLE & COMMUNITY

All You Can Eat Breakfast. Sat., March 19, 8-11 a.m. Gold Beach Community Center, 29841 Airport Way. Scrambled eggs, potatoes, pancakes, bacon and sausage, homemade biscuits and gravy, juice, coffee, tea. Omelets made to order, \$2 extra. \$10, \$5, free for kids 4 and under.

Brookings-Harbor Farmers Market.

Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

Knights of Columbus Breakfast. Second Sunday of every month, 8-10:30 a.m. Star of the Sea Catholic Church, 820 Old

County Road, Brookings. Every second Sunday of the month. \$8.

OHA Vaccine Clinic. Tuesdays, 11 a.m.-4 p.m. and Wednesdays, 11 a.m.-4 p.m. Curry County Public Library, 94341 Third St., Gold Beach. This COVID-19 vaccine event is held by the Oregon Health Authority. Vaccines offered: Pfizer, Johnson & Johnson, Pfizer age 5 to 11 and Moderna. No appointment needed, walk-ins welcome. For more info, go to www.currypubliclibrary.org/event/oha-community-vaccine-event.

Del Norte County

ARTS & CULTURE

Sundae + Mr. Goessl (vintage jazz and charm). Fri., March 11, 7-9:30 p.m. Tolowa Event Center, 350 N Indian Road, Smith River. This act encompasses jazz, pop, Americana, country, charm, fashion, comedy and vaudeville. For more information visit www.sundaeandmrgoessl.com. \$20, \$18, \$15. office@dnaca.net. www.sundaeandmrgoessl.com.

LIFESTYLE & COMMUNITY

Ladies Irish Tea. Sat., March 12, 1:30-3:30 p.m. Crescent City Art, 1228 Second St. Wear a hat to win a prize in either derby hats or whimsical hats. Drink a tea and take your teacup and saucer home. Live music throughout the day. Make reservations early. Masks highly suggested but not madatory. \$20 donation, \$15 ages 12 and under. (707) 460-1414.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering home-grown organic veggies and produce.

Volunteer Restoration Event. Sun., March 20, Noon-4 p.m. Tolowa Dunes State Park, Kellogg Road, Crescent City. Help remove invasive non-native European beachgrass at Big Dune in Tolowa Dunes State Park. Bring lunch and water, and dress for the weather with a hat and layers). Binoculars if

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Calendar

← CONTINUED FROM PREVIOUS PAGE

you have them and your mask; we will be social distancing. Tools and gloves provided. Free.

Humboldt County

ARTS & CULTURE

Asian Women's Voices in Humboldt.

Thu., March 10, 6-7:30 p.m. Cal Poly Humboldt, 1 Harpst St., Arcata. Join the Women's Resource Center for its first event during Herstory month. This will be an open panel about women's stories and experiences in Nelson Hall East 102 (Goodwin Forum). Free. hsuwomen@humboldt.edu.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocio Cristal and Maria Vanderhorst. All levels. Limited to five people. Register online. \$15. talavera.rocio@gmail.com.

Friends of the Fortuna Library Book Sale and Dinner. Sat., March 12, 10 a.m.-7 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. This fundraiser fills the building with used books. A drive-thru dinner of grilled chicken, twice-baked potatoes and salad is also available. Dinner is \$25 each or two dinners for \$40 and comes with membership. \$0.50 paperbacks, \$1 hardback, bag of books \$1 after 4 p.m. akc.wonder@gmail.com. www.facebook.com/events/1979811122198505/. 5307227545.

Humboldt All-Stars. Sat., March 12, 7:30-8:30 p.m. Fortuna Monday Club, 610 Main St. A concert of music from the '20s, '30s and '40s. Must show proof of COVID-19 vaccinations and wear appropriate masks. Limited seating. Check updates at www.facebook.com/fortunaconcertseries or www.fortunaconcertseries.com prior to concert. \$10. fortunaconcert@live.com. fortunaconcertseries.com.

International Fly Fishing Film Festival (IF4) Screening. Wed., March 16, 6-8:30 p.m. Arcata Playhouse, 1251 Ninth St.

Short and feature-length films from all corners of the globe. See the passion, lifestyle and culture of fly-fishing, hear about California Trout's conservation work and win prizes. \$20, \$10 student/youth. mancel@caltrout.org. caltrout.org/event/arcata-international-fly-fishing-film-festival-if4-2022. (415) 527-3231.

Israel Vibration with the Roots

Radics. Thu., March 17, 8 p.m. Mateel Community Center, 59 Rusk Lane, Redway. Mateel Community Center presents from Jamaica the legendary Israel Vibration with the Roots Radics. All ages. Food and drink will be served. \$30, \$28 advance. www.mateel.org.

Redwood Poetry Slam. Wed., March 16, 6 p.m. The Miniplex, 900 Samoa Blvd., Arcata. Hosted by Word Humboldt and Redwood Reworded. Prizes for the top three competing poets. Sign-ups start at 6 p.m. 21 and up. Please wear a mask while mandate is in effect. \$5 to compete, free for audience. richards-goat@gmail.com. www.facebook.com/events/5170730119652146/?ti=ls. (707) 630-5000.

Right to Vote Exhibition. Thursdays. Redwood Art Association Gallery, 603 F St., Eureka. This exhibition was a challenge from the Redwood Empire Quilting Guild to members asking for creations inspired by the right to vote. Through March 11.

LIFESTYLE & COMMUNITY

55th Anniversary Of Portuguese Immigrant Week. Sat., March 12, Noon-3 p.m. Ferndale Portuguese Hall, Fifth Street and Ocean Avenue. Join the Portuguese Fraternal Society of America, Council 3 for assorted favorite Portuguese foods and desserts. Fresh Portuguese donuts to go while supplies last. Benefits the Ferndale Portuguese Hall Association. Free. stephaniekoch296@gmail.com.

Arcata Plaza Farmers Market.

Saturdays, 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Humboldt County grown and GMO-free produce

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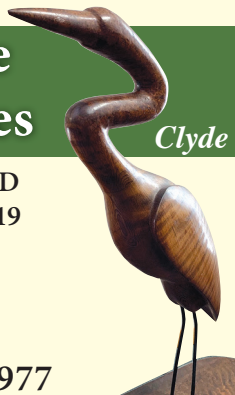
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Clyde

Calendar

← CONTINUED FROM PREVIOUS PAGE

along with plants, meats and more. Educational materials including a seasonal eating guide, recipes and merchandise available. Always open rain or shine. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. (707) 441-9999.

Dune Restoration Work Days. Second Saturday of every month, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help restore the dune ecosystem of the Humboldt Coastal Nature Center by removing invasive plants. Training in plant identification and removal provided. COVID-19 safety practices in place. Wear masks while gathered and practice social distancing. Free. dante@friendsofthedunes.org. www.friendsofthedunes.org/dert-days. (707) 444-1397.

FOAM Marsh Tour w/Lynn Jones. Sat., March 12, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Jones in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on the human and natural history of the North Bay. Masks are required inside the building. Free. (707) 826-2359.

FOAM Marsh Tour w/Sharon Levy. Sat., March 19, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Levy in the lobby of the Interpretive Center for a 90-minute, rain-or-shine walk focusing on birds, wastewater treatment and/or Marsh history. Masks are required inside the building. Free. (707) 826-2359.

Guided Walk at Founders Grove with Nature Guide Griff. Saturdays, 11 a.m.-Noon. Humboldt Redwoods State Park, 17119 Avenue of Giants, Weott. The Founders Grove loop trail is less than a half-mile long and is ADA accessible. There will be frequent stops to discuss the redwoods, the history of the land and the wildlife. Free. John.griffith@parks.ca.gov. www.humboldtredwoods.org.

Ink People Street Party and Celebration of Libby Maynard. Sat., March 12, Noon-5 p.m. Synopsis, 1675 Union St., Eureka. A street festival to celebrate arts, culture and Libby Maynard's incredible career. With live music, performance, arts and culture booths, food truck and more. Free. www.synapsisperformance.com.

Lost Coast Trail Stewards Work Day - Pacific Rim Trail. Sun., March 13, 10 a.m.-2 p.m. King Range National Conservation Area, 768 Shelter Cove Road, Whitethorn. Clear brush along this 2.5-mile loop trail, with provided tools. The Lost Coast Trail Stewards will meet at Pacific Rim Trailhead, just off Shelter Cove Road at Bear Creek, an unsigned turn-off approximately 2/10 mile east of Chemise Mountain Road. RSVP by email. Free. justin@lostcoast.org. www.lostcoast.org/event/lost-coast-trail-stewards-work-day-pacific-rim-trail/.

Soroptimist International of Eureka Spaghetti Dinner. Fri., March 11, 4:30-6 p.m. Eureka Woman's Club, 1531 J St. Drive-through dinner with curbside pickup. Dinner includes spaghetti with meat sauce, salad, bread and dessert. Purchase tickets at any Coast Central Credit Union branch. \$15. carolecrossleygifts@gmail.com. www.facebook.com/Soroptimist-International-of-Eureka-257893280152. 707-845-7243.

Spring Equinox Celebration. Sun., March 20, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Join Friends of the Dunes in welcoming the spring during this family-friendly celebration with spring-themed activities. Free. info@friendsofthedunes.org. www.friendsofthedunes.org. (707) 444-1397.

St. Patrick's Day Feast. Thu., March 17, 4-8 p.m. Scotia Lodge, 100 Main St. A St. Patrick's Day dinner special will be served from 4 pm to 8 pm. Corned beef & cabbage, roasted carrots, slow roasted potatoes with horseradish cream on the side. \$20. hello@humboldt-social.com.

www.thescotiainn.com. 707-298-7139.

Steak Dinner at Scotia Lodge. Fri., March 11, 4-9 p.m. Scotia Lodge, 100 Main St. The wonderful chefs at Scotia Lodge will be cooking up a delicious dinner for you that consists of a hearty Humboldt grass-fed rib-eye, mashed potatoes and gravy, roasted vegetables, and a lemon bar. \$35. hello@humboldt-social.com. www.thescotiainn.com. 707-298-7139.

Trivia Night. Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Free. www.reelgeniustrivia.com.

Zero to Fierce 2022: Listening Out Loud. Tue., March 8, 10 a.m.-8:30 p.m., Wed., March 9, 10 a.m.-10 p.m., Thu., March 10, 10 a.m.-10 p.m., Fri., March 11, 10 a.m.-10:30 p.m., Sat., March 12, 10:30 a.m.-9 p.m. and Sun., March 13, 11 a.m.-9 p.m. Arcata Playhouse, 1251 Ninth St. The Arcata Playhouse presents its womxn's festival, which encompasses International Women's Day on March 8 and celebrates creative womxn's work. Find a full schedule online. www.zerotofierce.org. (707) 822-1575.

Mendocino County

LIFESTYLE & COMMUNITY

Fort Bragg Farmers Market.

Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Gardens Docent Training. Wednesdays, 9:30 a.m.-12:30 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. Learn to be a garden leader and steward of Mendocino Coast Botanical Gardens' collections. Each session will include classroom instruction and a walk through the Gardens to become familiar with collections, trails and

MCBG history. Please RSVP to gardenmanager@gardenbythesea.org. www.gardenbythesea.org.

Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-Noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Lake County

LIFESTYLE & COMMUNITY

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine.

St. Paddy's Day Swig & Jig. Sun., March 13, 1-5 p.m. Downtown Kelseyville, Main Street. Visit Kelseyville businesses and 'swig' the best craft beer and wines that Kelseyville has to offer along with a great appetizer and then 'jig' down the street to the next business. Only 150 online-tickets available. On sale on Eventbrite.



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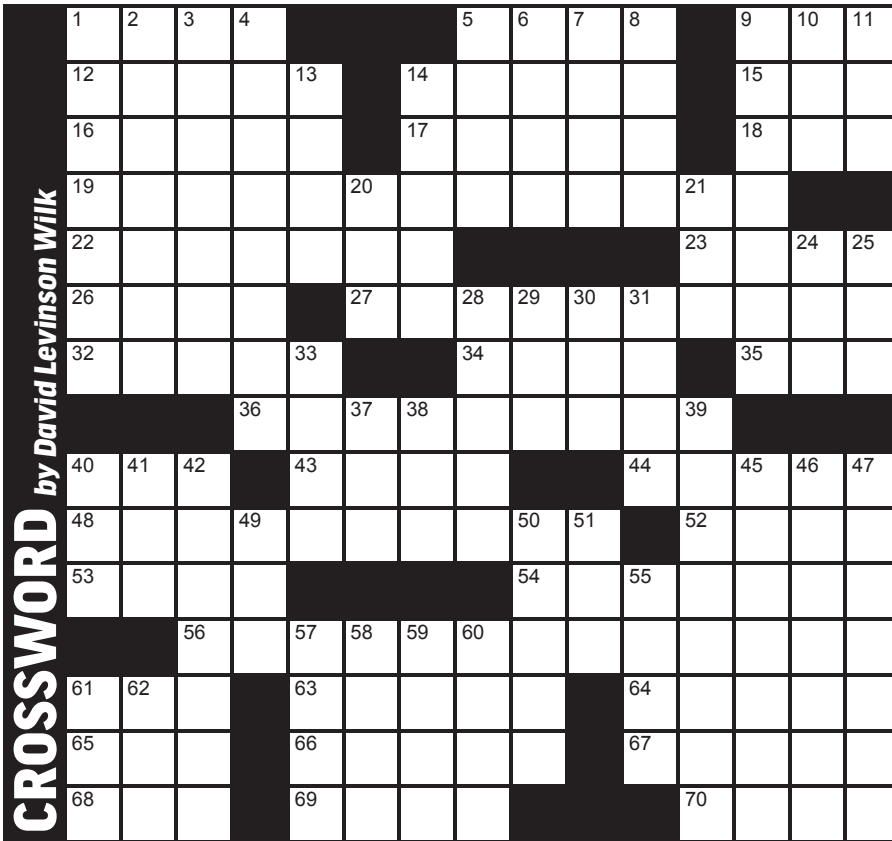
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CROSSWORD by David Levinson Wilk

PAPER CUTS — Answers in the next edition

ACROSS

1. Knife incision
5. "The Great Muppet Caper" actress Diana
9. "Law & Order" spinoff, for short
12. "Don't __ muscle!"
14. Standard graph axes
15. Stroke
16. Borneo rainforest dweller
17. Bird-related
18. Drop from the staff
19. Midwest daily read by paving material enthusiasts?
22. Come into some money, maybe
23. Noted provider of pictorial instructions
26. Impediments to teamwork
27. New England daily read by researchers of an amorphous lump?
32. Escort to a second-floor apartment, say
34. Stun, as a suspect
35. Opposite of WSW
36. Minor office injuries ... or afflictions suffered by 19-, 27-, 48- and 56-Across
40. 007, for one: Abbr.
43. Buzz on "The Simpsons," e.g.
44. Penn and Connery
48. East Coast daily read by marijuana users?

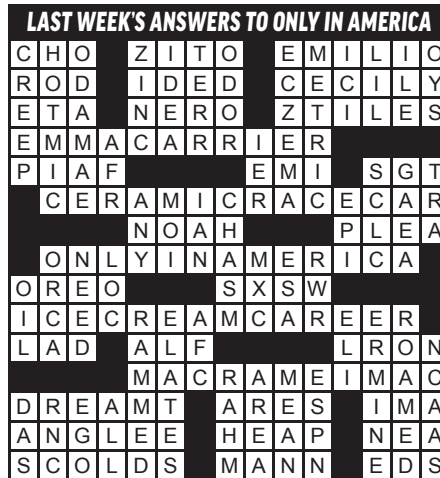
DOWN

1. Appalachian range
2. Apostrophized word in a classic French dish
3. Novel that includes Robin Hood
4. Stiffens through nervousness
5. Shankar at Woodstock
6. Not yet out of the running
7. Barbie greeting
8. Ibsen's "Peer __"
9. Vivacity
10. Plague
11. RAV4 or TrailBlazer, briefly
13. Vegan gelatin substitute
14. Blade brand
20. Member of the fam
21. Insurance co. that

25. Bart and Lisa's grandpa
28. Bra part
29. Middle x or o
30. The Buckeyes' sch.
31. Takes home
33. Flamenco guitarist __ de Lucia
37. __ ejemplo
38. Game in a forest
39. Aquarium attractions
40. Santa __ winds
41. Do goo
42. Recipe amount, at times

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45. On the verge
46. Convent
47. Fomer RNC chairman Michael and others
49. Mumbled assent
50. Orchestra woodwinds
51. Vietnamese New Year
55. Sabre ou pistolet
57. Start of Popeye's credo
58. Irene of "Fame"
59. Chorus after "All in favor"
60. Coll. senior's exam
61. Punk offshoot
62. When the French Open starts



HOME COUNTRY

By Slim Randles



I DON'T MIND BOOTS. He just curls up quietly against my belly and stays put. But sleeping with Desdemona can be a bit unnerving. She snores. Sometimes she gets little bad dreams and scratches me, too. But hey, I get to come in out of the cold and sleep with Aunt Ada's cats on her sofa, and a guy can tolerate a certain amount of cat snoring for that.

I was glad when I heard Aunt Ada puttering in the kitchen because I knew it was time to get up. After she let me out, she fed me, and let me tell you ... that kibble was just as good this morning as it was yesterday. And then she petted me, called me her dear Billy, and let me out to do my rounds.

Don't let anyone tell you being the official town dog is easy. Nossirree. First, there are the kids. Me and Martin, the crossing guard, have to see them safely across the street and to school each morning. Must be band day, because I see a lot of instrument cases. Martin gets smiles from the children. I get smiles AND ear rumples, so what do you think of that!

Once those kids are safely across, the time is pretty much my own until the final bell rings in the afternoon. That would be after I get snacks at the back door of the Mule Barn and after my nap curled up against the brick wall of the drugstore downtown. You ever notice how those bricks hold the sunshine in them? Better than that white wall on the newspaper office.

This is a good day to stop by the Rest of Your Life retirement home and check on Pop Walker and Mabel Adams. Oh, I make the rounds and check on everybody, of course, but I have to admit those two are my favorites.

If today is band day at school, tomorrow will be sale day at the sale barn at the edge of town. That's when the men bring their dogs in from the ranches to look at cows. They yell and talk funny. Not the dogs, of course. Getting your sniffing up to date is always a good thing.

Love, Billy ♦

Brought to you by the horses and other animals from their forever home at Masleña Rescue. Help feed one or two at www.masleñarf.org.

LINGCOD AND JETTI FISHING



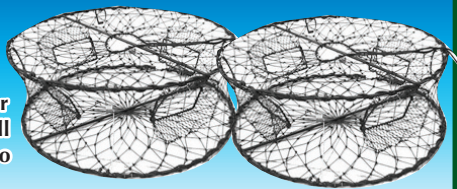
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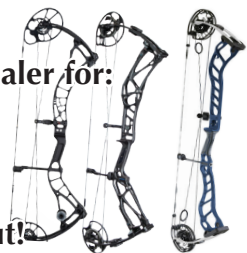
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